



**WORKING FOR A
HEALTHIER TN**



MyPlate Challenge

The “MyPlate Challenge” strive to educate participants how to choose more of the foods they want by changing portion sizes in order to consume larger portions of non-starchy vegetables and a smaller portion of starchy foods.

Instructions:

1. Using your dinner plate, put a line down the middle of the plate.
2. On both sides, divide it again for a total for four sections on your plate.
3. Fill two sections (half) of the plate with fruit and non-starchy vegetables such as spinach, carrots, lettuce, greens, cabbage, green beans, broccoli, tomatoes and mushrooms. In one of the small sections, include whole grains like whole wheat bread, pasta, and brown rice. Starchy vegetables such as sweet potatoes, corn and peas can also be included in this space.
4. In the other small section, place lean proteins such as chicken, turkey, lean beef, pork or beans.
5. To complete your meal, add a low-calorie drink like water, unsweetened tea or coffee.
6. Count how many meals or days you are able to complete the challenge.

